usually satisfied with milk, "akh, " fresh ("akh oua kefaïen" 264
IE][·; : ·:·) or sour ("akh iezza", # :·,), at
the hour when the camels, sheep, or goats come in from
pasture.

The basic food of the Ahaggar Tuareg consists of bechna, 262
"inelli" (white-grain sorghum, Graminaceae), dates, "teïni, "
and milk, "akh. " I:··· II+

But their country provides them with many resources 22●
which they are careful not to neglect, especially the poor, 556
the "tileqqiouin" I:··· II+ , who constitute the majority.

All the "imr'ad" go to harvest the grains of "toulloult" 243
and "afezzou. " Women, children, youths, negroes and 221
negresses go into the wadis
to gather the harvest, which
takes place from May to June
for "toulloult" and from July
to the end of September for
"afezzou. " /29/

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Dautheville

Idelés (Koudia)

Usually, before the
harvest several wadis are for-
bidden territory, and camels
are not led there until the
harvest is finished.

The produce is gathered
and put into hide sacks. After the grains have dried, they 252
need only to be put onto small trays of "afezzou, " called
"tissiin, " which are shaken, and the hulls fall off and remain
on top. The grains are ground to powder, and a kind of gruel
is made with water or butter.

The Tuareg are also very fond of "tikamarin" I0J·: + 234 252 262 438
, cheeses as hard as wood which they get from Aïr. They
grind them in mortars and mix them in their food.

They very seldom eat meat, except that of game which 262
they can kill in a hunt: gazelles, mountain sheep, and 224
antelopes. But often they prefer to smoke this game in order 251 438
to go and sell it in the Tidikelt.